**Liquid Diets**

- **Clear Liquid Diet**
  - Broth: chicken, beef or vegetable
  - Cranberry Juice
  - Apple Juice
  - Grape Juice
  - Coffee (reg. or decaf)
  - Hot Tea (reg. or decaf)
  - Iced Tea (reg. or decaf)
  - Fruit Ice
  - Gelatin (reg. or sugar-free)

- **Full Liquid Diet**
  - Includes all clear liquid items
  - plus the following:
    - Stained Cream of Tomato Soup
    - Stained Oatmeal - Cream of Wheat
    - Orange Juice
    - V-8 Juice – Prune Juice
    - Pudding (reg. or sugar-free)
    - Ice Cream – Sherbet
    - Plain Yogurt – Vanilla Yogurt
    - Milk – Lactaid® Milk
    - Soy Milk – Chocolate Milk

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**Visitor Dining**

**St. Vincent Café**

The St. Vincent Café is located on the level C of the hospital and features daily hot entrées, a deli, salad and soup bar, dessert, hot and cold drinks, juice, snacks and much more. It's a nice place to take a break and enjoy a healthy meal.

**Café Service Hours Are:**

- Cafe: 6:30 a.m. - 7:30 p.m.
- Coffee Bar: Weekdays 6:30 a.m. - 6:00 p.m.

**Guest Trays**

For guests who wish to dine with our patients, guest trays are available for purchase. Please call 5300 to place your order.

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**For Your Information**

We are committed to providing you with information about your special diet. If you need your diet explained to you, please inform the room service operator at extension 5545 to contact one of the Inpatient Dietitians.

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**For Your Diabetic Diet**

If a consistent carbohydrate (diabetic) diet has been ordered for you, the number of carbohydrates in our menu items are located in parentheses after each item. The Food and Nutrition Services Department offers a flexible meal planning system called carbohydrate counting. When you call to place your meal order, our room service operators will assist you in choosing a balanced meal according to your prescribed diet.

The following table lists the number of carbohydrates recommended per meal according to your prescribed diet:

- **For Women** 3-4 (45-60 gm) carbohydrate choices/meal
- **For Men** 4-5 (60-79 gm) carbohydrate choices/meal

If you need further information regarding your diet after you have been discharged, ask your physician for an order to meet with the Outpatient Dietitian.

**For appointments (physician’s order required):** (203) 576-5930

- Numbers noted represent the carbohydrate count for the food item.
- Some items are limited on certain diets, please ask your server or Dietitian if you have any questions.
- Dairy products are limited to 1 serving/day for patients on a RENAL diet.

**The following items are limited on a RENAL diet**

- **High Sodium Foods:** Salt packets, High Sodium Meats like Ham, Bacon, Shrimp, Pate, some baked goods.
- **High Potassium Foods:** Banana, Oranges, Tomatoes/tomato products, some Protein Foods
- **High Phosphorus Foods:** Dairy Products (cheese, milk), Some Protein Foods.

**The following items are limited on a Heart Healthy diet**

- Saturated Fat: Some Protein Foods, Butter, Whole Milk, Half and Half, Pastries
- Cholesterol: Eggs, Shrimp, Cheese, Butter, Whole Milk, Half and Half
- Sodium or Salt: Salt packets, high sodium meats like Ham, Bacon, Shrimp, some baked goods.

**The following items are limited/counted on a Diabetic, or Consistent Carbohydrate diet**

- Sugar and sugary foods: pastries, desserts, honey, brown sugar
- Foods that are primarily starches: breads, pasta, rice, cereals, potatoes
- High sodium or salt foods: salt packets, high sodium meats like Ham, Bacon, Shrimp
- Dairy products: these contain sugar in the form of lactose
- High fat foods: some meats, some dairy products, butter, oils, desserts

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**To Place Your Request**

**Please Dial (5300)**

To order outside the hospital dial 203.576.5300

Your order will arrive within 45 minutes.

**Hours of Service:** 7:00 am until 7:00 pm

**Ask about our daily Chef specials**
Breakfast

Cereal (1.1.5)
- Oatmeal (1.5)
- Cream of Wheat (1.5)
- Corn Flakes (1.5)
- Bran Flakes (1.5)

Bread (1)
- White (1)
- English Muffin (2)

Muffins: Fresh Baked Blueberry, Corn, Bran (1.5)

Accompaniments
- Butter
- Margarine
- Jelly
- Sugar-Free Jelly
- Peanut Butter (1)

Cold
- Yogurt (1) - Assorted Flavors (Regular or Light)
- Berry Parfait (2) - Berries mixed with plain or vanilla yogurt, topped with granola

Hot
- Scrambled Eggs - choice of regular eggs or Low Cholesterol Egg Substitute
- Hard Boiled Egg
- Frittata
- Veggie Frittata - made with Low Cholesterol Eggs

Create Your Own Omelet - choice of Egg Substitute is encouraged for heart health, choice of eggs, egg substitute, onion, mushrooms, red peppers, diced tomatoes, Cheddar Cheese, salsa

French Toast (1.5) - served with regular or Sugar-free Syrup
- Buttermilk Pancakes (2) - served with regular or Sugar-free Syrup

Choice of sides: Home Fries, and your choice of Bacon or Sausage

Fresh Fruits: Banana (limited on a Renal Diet)

Apple (1), Grape (1), Fresh Fruit Cup (1)

Canned Fruits (in their own juice): Applesauce, Peaches, Pears, Mandarin Oranges, Prunes

Beverages
- Regular or Decaffeinated Tea, Regular or Decaffeinated Coffee
- Herbal Hot Tea

Cold
- Juices (1 carb each) - Orange (limited on a Renal Diet)
- Apple, Cranberry Cocktail, Low-Sugar Cranberry, Grape, Prune, Tomato (limited on a Renal Diet)
- Low-Sodium Vegetable, Iced Tea
- Dairy - Milk (0.5), Skim, 2% Reduced Fat, Whole, Lactose-Free (0.5) (limited on a Renal Diet)
- Soy Milk (0.5), Half and Half, Non-Dairy Creamer
- Something Sparkling - Gingerale (limited on a diabetic diet), Diet Gingerale, Cola (limited on a diabetic diet), Diet Cola

Condiments
- Sugar (limited on diabetic diet) - Splenda
- Dauber (limited on diabetic diet) - Sugar-Substitute
- Salt (limited on heart healthy & renal diet) - Pepper
- Salt-Free Seasoning

Extras: Raisins, Honey (limited on a diabetic diet), Granola, Almonds

Lunch & Dinner

Soups (1)
- Chicken Noodle (1)
- Low Sodium Chicken Noodle (1)
- Tomato (limited on Renal diet) (1)
- Cream of Mushroom (1)
- Clear Broths: Chicken, Beef, Vegetable (1)
- Crackers: Unsalted or Oyster Crackers

Salads

Small Garden Salad - Fresh Mixed Greens and Romaine Lettuce, topped with Tomato, Cucumbers and Carrots and Red Cabbage

Small Caesar Salad - Romaine Lettuce topped with Parmesan Cheese and Croutons, served with Classic Caesar Dressing (Limited on a Renal and Heart Healthy diet)

Entrée Salad
- Grilled Chicken Salad - Chicken Breast grilled to perfection, served on a bed of Romaine Lettuce, served with your choice of Raspberry Vinaigrette or Olive Oil and Balsamic Vinegar

Dressings
- Light Raspberry Vinaigrette, Olive Oil and Balsamic Vinegar

Fresh Fruit Salad (3) - An assortment of seasonal Fresh Fruits, served with Vanilla or Plain Yogurt

Hummus and Vegetable Crudité (1) - served with Whole Wheat Pitas

Hot Entrees

Traditional Pot Roast - Beef Eye Round braised to perfection in a savory blend of celery, carrot, onion, beef stock and burgundy wine. Our Chef recommends roasted potatoes and seasoned baby carrots. (2 Carbs)

Asian Stir Fry - A savory blend of Wok-Style vegetables with your choice of chicken, beef, tofu served with white or brown rice. (2 Carbs)

Balsamic Glazed Chicken Breast - Charbroiled and seasoned with a balsamic reduction, served with steamed white rice and a fresh vegetable medley. (2 Carbs)

Grilled Pork Chop - Topped with a flavorful Mango Chutney with your choice of mashed potatoes and roasted vegetables. (2 Carbs)

Fish Du Jour - filet of white fish served on a bed of rice pilaf and seasoned spinach. (2 Carbs)

Country Meatloaf - Our Healthy blend of ground turkey, beef and herbs served with a choice of mashed potatoes, gravy and steamed vegetable green beans. (2 Carbs)

Slow Roasted Turkey Breast - Hand carved Turkey with cornbread stuffing or smashed potatoes, gravy, and dill carrots. (3 Carbs)

From the Grill

The All American Burger (2)
- Served plain or with your choice of American, Cheddar or Swiss Cheese

Turkey Burger (3)
- Grilled Fish Sandwich (2) - made with the Fish of the Day

Grilled Cheese - with your choice of Cheddar, American or Swiss cheese on Wheat or White Bread

Choice of Sides: Baked Potato Chips, Cole Slaw

Accompaniments: Lettuce, Tomato, Sliced Onion, Mayonnaise, Light Mayonnaise, Ketchup, Mustard, Honey Mustard, Relish

(Some items may be restricted on your diet)

From the Deli

Your Choice of: Turkey, Ham, Roast Beef, Tuna, Egg or Chicken Salad

Add Cheese: American, Cheddar, Swiss

Breads (1 carb per slice): Wheat, White, Rye, Hard Roll, Croissant, Wrap (Spinach, Whole Wheat or White)

Accompaniments: Lettuce, Tomato, Sliced Onion, Dill Pickle Spear, Mayonnaise, Light Mayonnaise, Ketchup, Mustard, Honey Mustard, Relish

(Some items may be restricted on your diet)

Something Sweet

Seasonal Fresh Fruit (1)

Chef’s Choice Dessert of the Day

Your choice of: Pudding, Ice Cream/Sherbet, Cookies, Gelatin, and other Chilled Fruits

Beverages

Hot
- Regular or Decaffeinated Tea, Regular or Decaffeinated Coffee
- Herbal Hot Tea

Cold
- Juices (1 carb each) - Orange (limited on a Renal Diet), Apple, Cranberry Cocktail, Low-Sugar Cranberry, Grape, Prune, Tomato (limited on a Renal Diet), Low-Sodium Vegetable, Iced Tea
- Dairy - Milk (0.5), Skim, 2% Reduced Fat, Whole, Lactose-Free (0.5) (limited on a Renal Diet)
- Soy Milk (0.5), Half and Half, Non-Dairy Creamer
- Something Sparkling - Gingerale (limited on a diabetic diet), Diet Gingerale, Cola (limited on a diabetic diet), Diet Cola

Condiments
- Sugar (limited on diabetic diet) - Splenda
- Dauber (limited on diabetic diet) - Sugar-Substitute
- Salt (limited on heart healthy & renal diet) - Pepper
- Salt-Free Seasoning

Extras: Raisins, Honey (limited on a diabetic diet), Granola, Almonds